



## Group Fitness Saturday Shake-Up 9:00am September 2019

<u>Date</u>	<u>Class</u>
September 7 <sup>th</sup>	Fitness Yoga (Lindsay)
September 14 <sup>th</sup>	Active Together (MBA)
September 21 <sup>st</sup>	Strength Train Together (Mandy)
September 28 <sup>th</sup>	Push, Pull, Move (Marsha)
October 5 <sup>th</sup>	Cardio Step Together (Jackie)

\*Proper footwear is required. Sneakers, running shoes, etc. are required to participate in classes.

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